

Enfield Health and Wellbeing Board Information Bulletin October 2017

Healthy Eating

The Local Government Declaration on Sugar Reduction and Healthier Food offers a framework to incorporate promoting healthy food within local policies and practices. By signing the declaration, organisations agree to a series of pledges which avoid promoting unhealthy food and drink. [Local Government Declaration on Sugar Reduction and Healthier Food](#)

Sugar Smart is a campaign run by the Jamie Oliver Foundation and Sustain, which encourages a range of settings to make a pledge to become Sugar Smart i.e reduce sugar consumption. Enfield public health team are currently engaging 14 settings, including schools, nurseries, leisure centres and community groups to become Sugar Smart, ahead of a launch in November 2017. From November 2017 – 18, we aim to encourage 100 settings to become Sugar Smart.

Healthier Catering Commitment Over the past year 36 businesses have signed up to the scheme, mainly premises located close to schools and in more deprived parts of the borough. Work is underway with local care homes to achieve the HCC.

Further information available from: Ailbhe.Breathnach@Enfield.gov.uk

Active Enfield

For a fixed period in 2017, the following activities were offered for free to children with weight issues identified through the National Child Measurement Project:

- Reception Year- free swim and use of the soft play facilities
- Year 6- a wide variety of activities including using the gym, swimming and





The Active with Ease programme is a heavily subsidised physical activity programme for adults with health problems. The programme is targeted in areas of higher deprivation and currently engages 200 people per term.

Further information available from: Ailbhe.Breathnach@Enfield.gov.uk

Healthy Workplaces

Enfield Council was awarded Excellence level for the London Healthy Workplace charter. We are now supporting local organisations and NCL Boroughs to apply for the charter.

In conjunction with HR we're developing a Workplace Health & Wellbeing strategy for Enfield Council.

Further information available from: Ailbhe.Breathnach@Enfield.gov.uk

Making Every Contact Count in Enfield

MECC is an approach where health care workers are trained to give evidence based advice on Healthy lifestyles as part of their day to day interactions with their patients. MECC training is about encouraging and helping people to make healthier choices in order to achieve positive long-term behaviour change. A total of 17 half-day courses were undertaken to the end of March 2017, at which 146 staff were trained from a range of primary care [GP staff, dentists, optometrists, pharmacists etc.] and LBE teams. We now want to look at expanding the MECC approach to all those either residing or working in the borough.

Further information available from: Ailbhe.Breathnach@Enfield.gov.uk



Kitchen Social

The Mayor's Fund for London has expressed an intention to fund 5 'Kitchen Social hubs' in Enfield. 'Kitchen Social works with local grass root community organisations to create an environment where children, young people, their families and carers can feel comfortable to play, explore new ideas, make new friends, learn and get a good balanced free meal during the holidays.' A meeting with key stakeholders is scheduled for 13th September to progress this project.

Further information available from: Ailbhe.Breathnach@Enfield.gov.uk

Mayor of London Health Inequalities Strategy

Health inequalities are defined as unfair differences in mental or physical health. They are mostly the result of differences in people's homes, education and their childhood experiences, local environment, their jobs, access to public services and their habits. There is a clear relationship between wealth and health, which means that everyone but the most financially well off are likely to suffer from an avoidable illness or condition.

The Mayor of London has launched a consultation, running until 30 November 2017 on a Health Inequalities Strategy for London, which will look to address these inequalities and, in turn, improve the health of all Londoners. The strategy contains five strands.

- **Healthy Children** – helping to ensure all of London's children have healthy places in which to learn, play and develop, and giving all young people the best start in life
- **Healthy Minds** – supporting Londoners to feel comfortable talking about mental health, reducing stigma and encouraging people across the city to work together to reduce suicide.

- **Healthy Places** – working towards London having the best air quality of any major global city, making the capital’s streets healthier, ensuring all Londoners have access to good-quality green space, tackling income e among all Londoners, especially among young people inequality and fuel poverty, creating healthy workplaces, improving housing quality and affordability, and addressing homelessness and rough sleeping.
- **Healthy Communities** – encouraging all Londoners to participate in community life, equipping people with the necessary skills, knowledge and confidence to improve their health, supporting the prevention of HIV and TB, reducing hate crime and enabling more Londoners to benefit from social prescribing (a way of linking patients with sources of support within the community to treat social, rather than medical problems)
- **Healthy Habits** – working with partners towards a reduction in childhood obesity rates and a reduction in the gap between the boroughs with the highest and lowest rates of child obesity, and encouraging all Londoners to reduce smoking, alcohol and drug us.

Further information available from: <https://www.london.gov.uk/what-we-do/health/have-your-say-better-health-all-londoners?source=vanityurl>

Thrive LDN – Save the date

“Thrive LDN” [The Mayor’s mental health, wellbeing and resilience initiative] are intending to carry out an engagement event in Enfield in early November.

This has now been confirmed as November 8th at the Dugdale Centre in the afternoon and will be an opportunity for Enfield to shape Thrive London’s work on its priority areas.

Contact – Mark.Tickner@Enfield.gov.uk

National Child Measurement Programme (NCMP): trends in child BMI

On 25th September 2017, Public Health England (PHE) released an NCMP report¹, which shows trends in children's weight nationally over the first ten years of the NCMP. Nationally there has been a downward trend in overweight and obesity for Reception Year boys and a negligible change for girls. For Year 6 boys and girls there has been a clear upward trend, with the rate of increase speeding up compared with last year. It therefore appears that, nationally, although there has been some progress in younger ages, by the time children reach the age of 10/11 there is still a lot to do to halt the rise.

The Enfield trends remain stubbornly above the national averages.

The PHE report also reveals a widening inequality gap in the overweight, obese and excess weight categories for all groups nationally. Where obesity and excess weight prevalence is declining overall it is either increasing in the most deprived areas compared to the least or is generally declining at a slower rate; and where prevalence is increasing overall it is increasing at a faster rate in the most deprived quintiles. There are also upward trends in obesity in White British Year 6 boys and Black African Year 6 girls, and in excess weight in Black Caribbean Year 6 girls and in overweight in Pakistani Year 6 girls.

This health inequality will have implications for Enfield, particularly in the east of the borough where there are higher levels of deprivation and greater ethnic mix.

A full report is planned for the next Health & Wellbeing Board.

¹ <https://www.gov.uk/government/publications/national-child-measurement-programme-ncmp-trends-in-child-bmi>

Stop Smoking Service

Smoking is the greatest cause of preventable mortality and morbidity in the borough. Smoking prevalence is coming down falling from 16.8% in 2015 to 13.1% in 2016 (equivalent to a fall in the number of smokers of approximately 8,000). However, smoking is still the greatest cause of inequalities in the borough.

The provider for LBE Stop Smoking Services is Quit 51. Smokers may either self-refer or be referred by health professionals:

Telephone: 0800 622 6968 (Mon-Fri 9am – 7pm, Sat 10am – 2pm)

Text: “Smokefree” to 66777

Internet: www.quit51.co.uk

Contact: quit51@nhs.net

Last month London launched the London Stop Smoking Portal, a internet / telephone support line for smokers across London. Enfield details are soon to be added. The effect of this initiative has yet to be seen but it will be advertised widely in Enfield and its effect monitored.

Influenza (flu)

Flu is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you'll usually begin to feel better within about a week. For some including the elderly and people with some medical conditions flu can be much more serious and life-threatening.

Each year the Government runs a flu vaccination programme. It is important for people to get vaccinated not only for themselves but so that they do not spread the virus to those who may be more vulnerable than themselves. This particularly important for those who may come into contact with vulnerable persons such as carers and front-line staff.



LBE is offering free flu vaccinations to all its staff from October 1st to the end of January. This will be advertised on the internal TV screens, every week on all-staff emails and Heads of Services have been asked to cascade the message to their staff.

Contact – for further information: Stuart.lines@Enfield.gov.uk

Further information from: <https://www.gov.uk/government/publications/national-child-measurement-programme-ncmp-trends-in-child-bmi>